

SEYMOUR

SEPT 2023

explore more

Air Force Birthday
CELEBRATION

PHOTO CONTEST

Entertainment,
Adventures,
Fitness Fun
& More!

NEW!
PICKLEBALL
TOURNEY

COMING UP
SEYMOUR
SHOWDOWN
Bodybuilding
Competition



UNITED STATES AIR FORCE
ESTABLISHED 18 SEPTEMBER 1947



AIR FORCE BIRTHDAY CELEBRATION

FUN FOR ALL AGES
FOOD • CAKE • MUSIC
GAMES • BOUNCE HOUSE
CAR SHOW • PRIZES

SEPT 15
5 TO 8PM
EAGLES LANDING
PARKING LOT

FREE EVENT • OPEN TO ALL WITH BASE ACCESS



REGISTER FOR THE CAR SHOW BY AUG 30 • ENTRY FEES: E-1 - E-4: FREE | E-5+/CIV: \$10
CATEGORIES: JAPANESE DOMESTIC MARKET/EUROPEAN/AMERICAN MUSCLES & CLASSICS
CALL CPPO AT 919-722-8684

sjfss.com | fb.com/sjafb.fun

NO FEDERAL ENDORSEMENT OF SPONSORS INTENDED

DIIN

AIR FORCE BIRTHDAY
HALF MARATHON

SATURDAY
SEPT 16
DEBDEN PARK 8AM



SCAN ME

sjfss.com || fb.com/sjafb.fitness

919-722-0420



FSS Scramble

PLAY. ENTER. WIN.

Rearrange the letters to form words and solve the puzzle. Email your answers to 4fss.marketing@us.af.mil to enter a prize drawing.
-Base access required

ALCAPFKJ

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MLARMSES

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PLACE

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getaways & ESCAPES

FROM THE ORDINARY

Information, Tickets & Travel

1385 S Andrews St • Outdoor Rec

The base's Information, Tickets & Travel (ITT) program is a valuable resource for information on vacation destinations and discounted tickets. Save now on tickets to Disney World, Universal Studios, Busch Gardens and more!

For ticket availability and more information, please call 919-722-1104 or stop by.

SPOOKY FUN Family Campout

Oct 6-7 || 6pm to 9am



Games • Crafts • Movies
Bounce House
\$10 per person

No tent? No problem.
ODR Event Special: \$5 tent rental
Bring your own sleeping bags and pillows.

The campout will be near the
log cabin at Warrior Pines.

Sign up by Sept 29 at Outdoor Rec

919.722.1104

sjfss.com
fb.com/sjaafb.fun



BLAKESLEE
AIR FORCE RECREATION AREA
118 Riverfront Rd, Kure Beach

END OF SUMMER CELEBRATION

SATURDAY, SEPT 2

3PM • ICE CREAM MAKING
\$10pp. Science. Freeze. Sprinkles.

**8-10PM • GLOW PARTY
AT THE REC HALL**
\$2pp. Fantastic fun.
Luminous games.
Shining staff.

SUNDAY, SEPT 3

12-4PM • POOL BASH
FREE. Sweet treats. Music.
Relaxation.

6:30PM • SUNSET PADDLE
\$15pp. Cape Fear River. Sunsets.
Memories made.

Please register at least two hours in advance for paid programs.
Minimum registration count must be met for program to be held.
Sign up in the RECEPTION CENTER, Bldg 118

Open to valid military ID card holders and sponsored guests

910.500.6465 || sjfss.com/blakeslee || fb.com/blakesleeafra

Blakeslee Air Force Recreation Area Concerts

Fridays • 6:30 to 8:30pm
BAFRA Outdoor Stage

The Pleasure Island Chamber of Commerce presents the following schedule of bands to provide free, family-friendly entertainment through October.

Sept 8	Cory Luetjen & the Traveling Blues Band
Sept 22	Southern Child
Oct 13	Bacon Grease
Oct 27	The Old North State

Bring your blankets and/or lawn chairs. There will be a variety of food trucks and tasty treats, as well as a beverage tent on-site.

Follow www.facebook.com/blakesleeafra or www.facebook.com/PleasureIslandChamber for updates.

No federal endorsement intended.

R4R Tandem Skydiving

Sept 16 & Oct 28 • By appointment
Outdoor Rec

Experience the rush of falling at 120mph from up to 13,500 feet! Outdoor Rec is putting together another great opportunity for Recharge for Resiliency (R4R) eligible personnel to go tandem skydiving with Cadence Sky Sports in Louisburg. The R4R rate is \$75 per person. Pre-register at Outdoor Rec to reserve your time slot. Call 919-722-1104.

R4R Indoor Skydiving, Laser Tag

Oct 14 • 8am to 5pm
Outdoor Rec

Get away with Outdoor Rec for a fun-filled day of indoor skydiving and laser tag in the Fayetteville area! This trip is for Recharge for Resiliency (R4R) eligible personnel. The R4R rate is \$10 per person. Pre-register at Outdoor Rec by Oct 6 to claim your slot; subject to sell out. Call 919-722-1104.



AIR FORCE
RECHARGE FOR RESILIENCY

Zip Lining

WATERFALL EXPEDITION

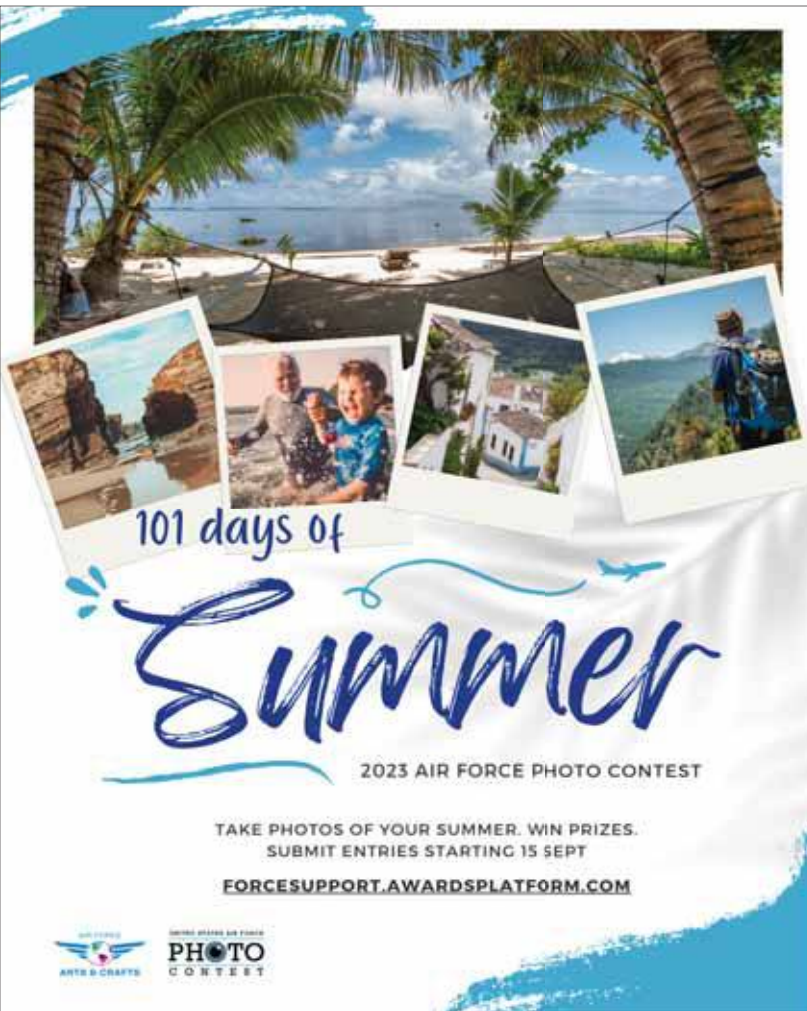
OCT 21
9AM TO 5PM

AGES 13+
R4R RecOn
\$1000 EA
CONTACT OUR ABOUT TRANSPORTATION

The ultimate adventure ...
explore nature like never before

- 8 tree-to-free ziplines
- 3 suspension bridges
- 3 spiral staircases
- Spectacular view of Carver's Falls

Sign up by Oct 13 • Outdoor Rec, 1385 S. Andrews St.
919.722.1104 • sjfss.com • fb.com/fun



101 days of
Summer

2023 AIR FORCE PHOTO CONTEST

TAKE PHOTOS OF YOUR SUMMER. WIN PRIZES.
SUBMIT ENTRIES STARTING 15 SEPT
[FORCESUPPORT.AWARDSPLATFORM.COM](https://forcesupport.awardsplatform.com)

AIR FORCE
ARTS & CRAFTS

PHOTO CONTEST

2023 Air Force Photo Contest

Sept 15 - Nov 15

forcesupport.awardsplatform.com

This contest is a celebration of all the joy, warmth, and adventure that summer brings, encapsulating 101 days of unforgettable memories. Prizes of \$300 - \$500 in Amazon gift cards will be awarded to the top three winners in each category.

Eligibility: Authorized patrons of Air Force Morale, Welfare, and Recreation (MWR) Programs (IAW AFI 34- 101, Air Force Morale, Welfare, and Recreation (MWR) Programs and use Eligibility) are eligible to participate in Air Force Services Center (AFSVC) contests. Youth categories include ages 6-17. There are adult novice and accomplished categories for ages 18 and up.

Categories & Subcategories: This year, there are two main categories — Traditional Photography and Composite Photography. Entrants may submit up to two entries in each main category and must enter in their respective age/skill level sub-category.

See website for more details.

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MOBILE APP TODAY!



ON THE GO
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FREE DONATION PICKUP
IS A PHONE CALL OR CLICK AWAY!



Donate your used furniture, appliances and other home goods.



REUSE • RECYCLE • DONATE • SHOP

Tuesday: 9am to 5pm (Donations only)

Wednesday-Saturday: 9am to 5pm

124 E Mulberry St, Goldsboro (919) 736-9550
www.habitatgoldsboro.org



AIR FORCE RESERVE

Part Time Career-Locations in every State-Great Pay-Training-Tuition Assistance-Tricare-Retirement

Contact your
Air Force Reserve
Career Counselor

Office: (919-722-2259)
Katrina.Jones.6@us.af.mil



MSgt Katrina Jones

I am the Air Force Reserve In-Service Recruiter for Seymour Johnson AFB, NC. I am available to discuss the many opportunities or answer any questions about the Air Force Reserve - Palace Chase or Palace Front Programs.

FREE EVENT IN THE SABRE CINEMA



2024 SEYMOUR SHOWDOWN

BODYBUILDING COMPETITION

Men's Physique || Classic Physique || Bodybuilding
Women's Physique || Figure || Bikini || Wellness

**JANUARY
19-20**

FRIDAY: CHECK-IN TBD
SATURDAY:
PRE-JUDGING 8AM
FINALS 1PM

PRIZES FOR 1ST, 2ND & 3RD PLACE WINNERS



SCAN CODE TO REGISTER

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

sjfss.com  [/sjafb.fitness](https://www.facebook.com/sjafb.fitness)

919.722.0420

Free Aerobics Classes

Monday - Friday
Fitness Center

FREE WEEKLY CLASSES

Scan the code to download the full schedule of classes ... Ab Strength, Zumba, Sweatmasters, Yoga Sculpt, Seymour Muscle, Yoga, Run Development, Circuit Training, Lower Strength and Upper Strength



Monthly Fitness Challenge

September: One Rep Max

The Fitness Center challenges you to participate in the "One Rep Max" this month for a chance to WIN a special edition insulated tumbler!

Each participant will attempt to max out on one repetition for deadlift and one repetition for squats with Fitness staff supervision. It can only be attempted during Fitness Center manned hours, once per participant. The person with the most weight lifted wins.

For more information, see Fitness Center staff or call 919-722-0420.

MICRO MARKET
Food, Drinks and more!!!

COMING SOON!
TO THE FITNESS CENTER

EXCHANGE
ARMY & AIR FORCE EXCHANGE SERVICE

PUMPKIN DASH
Oct 6
7am

Fitness Center
2-mile Trail

Scan code to register
or sign up at
sjafbpumpkindash.eventbrite.com

Wear **ORANGE**

sjfss.com | [f/sjafb.fitness](https://www.facebook.com/sjafb.fitness)

DEPARTMENT OF THE AIR FORCE
FITNESS & SPORTS

919.722.0420

Memorial Tribute 5K Run

Sept 8 • 8am

Mustang Taproom (Start/Finish)

The Memorial Tribute 5K is an event to remember our fallen US military personnel and civilians affected by the tragedy, and to honor all the service members who defended our country due to the events that happened on 9/11/2001. Pre-register on Eventbrite at <https://memorialtribute.eventbrite.com>. For more information, call 919-722-0420.

Zombie Run

Oct 27 • 3pm

Fitness Center 2-mile Track (Start/Finish)

The Fitness Center's annual Zombie Run is open to all with base access. Participants are encouraged to dress in Halloween costumes or themed apparel, and come out for a great time! After the event, head on over to Eagles Landing for the annual Spooktacular. Pre-register on Eventbrite at <https://SJAFBZombieRun.eventbrite.com>. Follow SJAFB Fitness on Facebook for more details or call 919-722-0420.

LABOR DAY Bowling Special

\$2⁰⁰ game
\$2⁰⁰ shoes

1 to 7 p.m.

sjfss.com
fb.com/sjafb.fun

PHANTOM
LANES

722.0350

UNC
HEALTH
Wayne

Where *Compassion* Meets Excellence



Pickleball TOURNAMENT



SEPT 18 • 8AM

Sign up online by Sept 11



2-person teams
Single elimination

PRIZES!



Fitness Center
Outdoor Courts
919-722-0420

fb.com/sjafb.fitness
sjfss.com



EVERY SEASON STARTS AT



SPECIAL OFFERS

FOR SEYMOUR JOHNSON AIR FORCE BASE

CLICK on the DSG ad on sjfss.com for discount coupons.



DEMOCKO CHIROPRACTIC

- Chiropractic adjustments for all ages
- Medication-free pain relief from injuries

\$40
FIRST VISIT

includes exam,
adjustment and
x-rays (if needed)

We can see you today!

TWO LOCATIONS:

1802 E Ash St
Goldsboro, NC 27540
919-735-2205

997 Henderson St, Suite E
Mt Olive, NC 28365
919-299-8033



DEMOCKO
CHIROPRACTIC



\$25
ADJUSTMENTS

MILITARY DISCOUNTS!

demockochiropractic.com | fb.com/DemockoChiropractic

SEYMOUR JOHNSON RESILIENCE UNIVERSITY

*Build SKILLS - Improve STRENGTH -
Become the VERY BEST VERSION of yourself!*



*Two days of instruction & activities
to build resilience muscles —*

Open to all, 30 seats max!

**SEPT
18-19**

8:00am to 4:30pm

Location: Red Horse
1055 Camp Fed Lane, SJAFB

- ✓ Team Building
- ✓ Balancing Work, Life & Command
- ✓ Money, Stress & Developing a Spend Plan
- ✓ Problem Solving Techniques
- ✓ Adverse Childhood Experience, Why it Matters!
- ✓ Sleep & Nutrition


“

*You are not born with a fixed amount of resilience. Like a muscle,
you can build it up, draw on it when you need it.*

SHERYL SANDBERG

”

To register, call or email Candie Young.

 919-722-4492

 candace.young.5@us.af.mil

RESILIENT

WINGMEN WEDNESDAY

SEPT 20

4:30 TO 6:30PM

FIRST 30 CUSTOMERS GET FREE WINGS
ELIGIBLE PATRONS GET A TICKET FOR WINGS REDEEMABLE ON EVENT DAY ONLY

WINGS PROVIDED BY **FIRST COMMAND**
NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

MUSTANG TAPROOM

AIR FORCE COMMUNITY CENTERS

f /sjafb.food sjfss sjfss.com

First & Third Wednesday Bingo

Sept 6 & 20 • 6pm
Eagles Landing

The Community Programming & Partnership Office hosts Bingo on the first and third Wednesday of each month in the Pegasus Room. Play is open to ages 18 and up; 12-player minimum.

Card sales begin at 5pm with a 2-book minimum purchase of \$10 per player (no splitting). Additional books are \$4 and Early Bird cards are \$2 each. Cash prizes awarded. Call 919-722-8684 for more details.

Music Bingo

Sept 13 & 27 • 5 to 6pm
Mustang Taproom

Experience a fun, musical spin on the popular game of Bingo at the Mustang Taproom on the second and fourth Wednesday of every month. There's no charge to play. Players listen to popular songs to mark titles on their cards. The first player to get five songs in a row wins a prize.

Brainstormer Trivia

Sept 22 • 6pm
Mustang Taproom

Gather your team and put your brains together for six rounds of trivia! Different themes each month. FSS gift card prizes for first and second place winners!

Teams may consist of up to six people. Sign up in the Mustang Taproom beginning at 5:45pm.

CARVE 'N' SIP

Oct 12 • 5pm • Ages 18+
Mustang Taproom

Free for Single Airmen / All Others: \$25 each
Cost includes pumpkin, carving kit and instructions
Call or stop by Eagles Landing to sign up by Oct 6

MUSTANG TAPROOM

919.722.8684 • 1240 Andrews St
sjfss.com | fb.com/sjafb.fun

AIR FORCE COMMUNITY CENTERS AIR FORCE R4R

CANdle Making

Sept 28 • 5pm • Ages 18+
Mustang Taproom



Make your own upcycled CANdle
Choice of scents and wicks

R4R Deployed Affected Personnel: \$10 / All Others: \$20
Cost includes material + a beverage - Limited spots
Call or stop by Eagles Landing to sign up by Sept 19

**MUSTANG
TAPROOM**

919.722.8684 - 1240 Andrews St
sjfss.com | fb.com/sjafb.fun



SCAN FOR MENUS

SEYMO JOE TO GO
1514 GOODSON ST
919.722.3104

MON-FRI
6 TO 10:30AM



COMPASS CAFÉ
1385 S. ANDREWS ST
919.722.0394

MON-FRI
6:30AM TO 1PM



10-PIN CAFÉ
1290 ANDREWS ST
919.722.0349

MON-THU 7AM TO 8PM
FRI 7AM TO 11PM
SAT 9AM TO 10:30PM



MUSTANG TAPROOM
1240 ANDREWS ST
919.722.8547

WED-THU 3 TO 8PM
FRI 3 TO 10PM
FIRST SAT 3 TO 8PM



Hearts Apart Community Dinner

Sept 19 • 5pm
Eagles Landing

All with base access are invited to a FREE dinner in support of our deployed and remote affected families. There will be kid-friendly activities. First come, first served.

For more information, call the Military & Family Readiness Center at 919-722-1123.

**NATIONAL
CHEESE PIZZA
DAY**

SEPT 5

WHOLE
CHEESE PIZZA
\$11.50
YOU SAVE \$2

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LANES**



722.0349
WWW.SJFSS.COM | SAFE.FOOD

**NATIONAL
PEPPERONI PIZZA
DAY**

SEPT 20

WHOLE
PEPPERONI
PIZZA
\$15.25

**PHANTOM
LANES**



722.0349
WWW.SJFSS.COM | SAFE.FOOD

SEPTEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

**MONTH LONG
FITNESS CHALLENGE**
One Rep Max



Get ready
See page 7
for more
details



Carefully
lift the staples
and remove
this handy
calendar to
place on your fridge
or bulletin board

3

Last Day of Swim Season
Olympic Pool 11am

4

LABOR DAY
Labor Day Bowling 1pm

5

Seymour Muscle 9:30am
Airman's Attic 10am
Taco Tuesday, 10-Pin Café
Story Time 11am
Yoga 11:30am

6

Run Development 7:30am
Sweatmasters 4:30pm
Penny-a-Pin Bowling 5pm
Yoga 6pm
Nighttime Bingo 6pm

10

Deep Sea Fishing (FULL)

11



Zumba 1pm
Sweatmasters 4:30pm
Red Pin Bowling 5pm

12

Yoga Sculpt 7am
Airman's Attic 10am
Taco Tuesday, 10-Pin Café
Story Time 11am
Yoga 11:30am

13



Job Fair 10am
Music Bingo 5pm
Penny-a-Pin Bowling 5pm

17

18

Pickleball Tournament 8am
Craft Exchange 10am
Zumba 1pm
Sweatmasters 4:30pm
Red Pin Bowling 5pm

19



Newcomers Orientation 8am
Hearts Apart Dinner 5pm

20



Wingmen Wednesday 4:30pm
Nighttime Bingo 6pm

24

Deep Sea Fishing (FULL)

25

Upper Strength 7:30am
Zumba 1pm
Sweatmasters 4:30pm
Red Pin Bowling 5pm



26

Federal Resume Class 10am
Airman's Attic 10am
Yoga 11:30am
Civilian Resume Class 1pm

27



Music Bingo 5pm
Penny-a-Pin Bowling 5pm
Fall Photo Days by appt

THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>ACC FAMILY DAY</p> <p>Free movie 6pm</p> <p>Cosmic Bowling 10pm</p> 	<p>2</p> <p>Deer Hunting 101 8am</p> <p>Olympic Pool 11am</p> <p>End of Summer Celebration at Blakeslee AF Rec Area</p> <p>Free movie 3pm</p>
<p>7</p> <p>Airman's Attic 10am</p> <p>Get to Know FCC 11am</p> <p>Zumba 11:30am</p> <p>Moving Out of the Dorms Class 2pm</p>	<p>8</p> <p>Memorial Tribute 5K 8am</p> <p>Sweatmasters 4:30pm</p> <p>Free movie 6pm</p> <p>Summer Concert 6:30pm</p> <p>Cosmic Bowling 10pm</p>	<p>9</p> <p>Give Parents a Break 9am</p> <p>Airman's Attic Open to All Ranks 12 to 2pm</p> <p>Free movie 3pm</p>
<p>14</p> <p>Circuit Training 7:30am</p> <p>Heart Link 9am</p> <p>Zumba 11:30am</p> <p>Holiday Spending Class 1pm</p>	<p>15</p>  <p>Air Force Birthday Celebration & Car Show 5pm</p> <p>Cosmic Bowling 10pm</p>	<p>16</p> <p>Air Force Birthday Half Marathon 8am</p> <p>Tandem Skydiving</p> <p>Free movie 3pm</p> <p>Cosmic Bowling 9:30pm</p>
<p>21</p> <p>Moving Out of the Dorms Class 9am</p> <p>Airman's Attic 10am</p> <p>Zumba 11:30am</p> <p>Fly By Movie Night 4:30pm</p>	<p>22</p>  <p>Brainstormer Trivia 5:45pm</p> <p>Free movie 6pm</p> <p>Summer Concert 6:30pm</p>	<p>23</p>  <p>Cosmic Bowling 2:30pm</p> <p>Free movie 3pm</p> <p>Cosmic Bowling 9:30pm</p>
<p>28</p> <p>All You Can Bowl</p> <p>Airman's Attic 10am</p> <p>Zumba 11:30am</p> <p>CANdlemaking 5pm</p> <p>Fall Photo Days by appt</p>	<p>29</p> <p>Sweatmasters 4:30pm</p> <p>Free movie 6pm</p> <p>Cosmic Bowling 10pm</p>	<p>30</p> <p>Cosmic Bowling 2:30pm</p> <p>Free movie 3pm</p> <p>Cosmic Bowling 9:30pm</p>

Coming SOON

- Oct 3
 - Fire Prevention Story Time
- Oct 6
 - Pumpkin Dash
 - Spooky Campout
- Oct 9
 - Columbus Day Bowling
- Oct 12
 - Carve 'n' Sip
- Oct 14
 - Give Parents a Break
 - Indoor Skydiving & Laser Tag
- Oct 17
 - Newcomers
 - Hearts Apart Dinner
- Oct 18
 - Wingmen Wednesday
- Oct 19
 - Not So Spooky Story Time
- Oct 20
 - ABCs of PCSing
 - Brainstormer Trivia
- Oct 21
 - Zip Lining
- Oct 26
 - Mock Interview
- Oct 27
 - Zombie Run
 - Spooktacular
- Oct 28
 - Tandem Skydiving

Now Showing in the Sabre Cinema

The Community Programming & Partnership Office (CPPO) hosts FREE movies in the Sabre Cinema each weekend, unless otherwise posted. Bring your own snacks; no alcoholic beverages please.

Sept 1 • 6pm • The Lost City

PG-13 • 2022, Action/Adventure/Comedy, 1h 52m

Sept 2 • 3pm • Ready Player One

PG-13 • 2018, Action/Adventure/Sci-Fi, 2h 20m

Sept 8 • 6pm • The Covenant

R • 2023, Action/Thriller/War, 2h 3m

Sept 9 • 3pm • The Greatest Showman

PG • 2017, Biography/Drama/Musical, 1h 45m

Sept 15 • No Movie

Sept 16 • 3pm • Fantastic 4: Rise of the Silver Surfer

PG • 2007, Action/Adventure/Fantasy, 1h 32m

Sept 22 • 6pm • Spider-Man: Across the Spider-Verse

PG • 2023, Animation/Action/Adventure, 2h 20m

Sept 23 • 3pm • Paws of Fury: The Legend of Hank

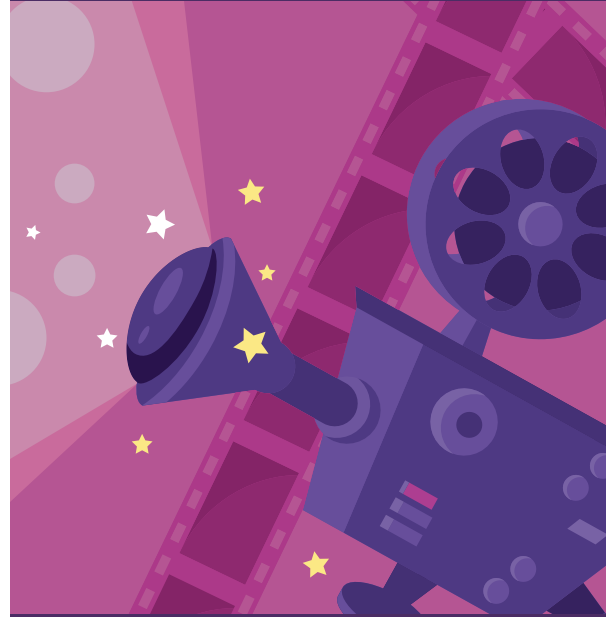
PG • 2022, Animation/Action/Comedy, 1h 38m

Sept 29 • 6pm • The Great Gatsby

PG-13 • 2013, Drama/Romance, 2h 23m

Sept 30 • 3pm • Indiana Jones and the Last Crusade

PG-13 • 1989, Action/Adventure, 2h 7m



Fly By Movie

Sept 21 • 4:30pm

Step Brothers

R • 2008, Comedy

The Southern Eagle Dining Facility (DFAC) hosts a free, monthly Fly By Movie Night on the third Thursday.

The DFAC is open to all with base access. Seating is first come, first served.

For more details, call the dining facility at 919-722-5298.

Exchange shoppers generate \$185,219 for SJAFB community in 2022

Service members, Veterans, military family members and other authorized shoppers generated \$185,219 for the Seymour Johnson community in 2022 by shopping with the Army & Air Force Exchange Service.

100% of Exchange earnings are re-invested in military communities, with about 60% supporting on-installation Quality-of-Life programs. Remaining earnings further enhance the shopping experience at

BXs and Expresses worldwide and ShopMyExchange.com.

"It matters where you shop, and every time service members and military family members shop with the Exchange, they help make Air Force communities like Seymour Johnson better places to live and work," said Seymour Johnson Exchange store manager Leazel Williams. "Whether shopping at the BX, filling up at the Express, or shopping at ShopMyExchange.com,

every member of the military community makes a difference when they use their Exchange benefit."

In total, Exchange shoppers worldwide generated \$214 million for Army, Air Force and Space Force communities last year, which was provided directly to the services. In the last 10 years, the Exchange has provided \$3.5 billion in earnings for critical military Quality-of-Life programs.

Seymour Johnson

SPOOKTACULAR

OCTOBER 27TH
6-8PM

EAGLES LANDING
1240 ANDREWS STREET

Enjoy Music, Midway Games, Food,
Costume Contest, Petting Zoo,
"Trunk or Treat" and a Haunted House!

COSTUME CONTEST INFO

Prizes awarded for most elaborate, scariest and best overall in each group.

Ages 0-3 (6:20pm)

Ages 4-7 (6:40pm)

Ages 8-12 (7:00pm)

Family & Group (7:20pm)



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SPOOKTACULAR

Trunk or Treat

Friday, Oct 27 • 6 to 8pm

Eagles Landing Parking Lot

Sign up your trunk by Oct 13 @

BX • Commissary • CPPO

Limited spaces — 1st come, 1st served!



Eagles Landing

919-722-8684 www.sjffs.com



ARE YOU A NEW SPOUSE? NEW TO SJAFB?
IF YES, WELCOME TO OUR FAMILY!

PLEASE JOIN US FOR
A SPOUSE ORIENTATION

HEART LINK EVENT



- Learn about base resources
- Connect with other spouses
- Lunch provided
- Take a base tour
- Childcare available -- please call 919-722-1123 at least 2 weeks in advance to request

SEPT 14 | MILITARY & FAMILY
9AM TO 1:30PM | READINESS CENTER

M&FRC: 919.722.1123

sjffs.com [f /sjafb.family](https://www.facebook.com/sjafb.family)



FREE OFFER

FALL PHOTO DAYS | **SEPT 27-28**
@ THE LOG CABIN | **BY APPT**

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OPEN TO SINGLE AIRMEN, FAMILIES, PETS, ETC. | LIMITED NUMBER OF POSES/PHOTOS



CALL 919-722-1123 BY SEPT 25
TO SCHEDULE

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Paint an adorable door hanger or welcome sign

Take home a custom entryway piece made by you; impress your guests and have a memory to cherish year-round for only \$45.

Take a break from the hustle and bustle

Experience your own personal heaven with some good wine, good music, and good painting. All skill levels welcome and encouraged! We'll teach the techniques of the masters while celebrating what you bring to the table.

Pumpkin spice and fall paintings are back! We're ready with tons of orange and red paint for you.



Ask about our Military Discount

Check out our calendar online



Sign up. Show up. Sip & paint!

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wineanddesign.com/goldsboro • fb.com/wndgoldsboronc



CRAFT SUPPLY EXCHANGE

SEPTEMBER 18 - 23
10AM - 6PM

Craft Donations will be collected from Aug 28 to Sept 15!

The craft supplies will be grouped into collections for the public to come and select.

Those who donate will earn **EARLY ACCESS** to select their crafts!

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Call 722-5825 for more info
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Moving Out of the Dorms Class

Sept 7 • 2pm | Sept 21 • 9am

Military & Family Readiness Center

Dorm residents, have we got a class for you! Get essential financial tips so you can effectively move out of the dorms. Sign up for this informative class, by calling 919-722-1123.

Give Parents a Break

Sept 9 • 6 to 10pm

CDC + Youth Center

Parents of children, ages 6 weeks - 5 years, may be eligible for a few hours of child care at no cost. Eligible families must be referred by their squadron commander, first sergeant, chaplain, Family Advocacy, Military & Family Readiness Center, Child Development or Youth Centers. Others may sign up for \$8 per hour, per child.

Call the CDC at 919-722-1198 or Youth Center at 919-722-0502 by close of business on Wednesday before the event date to sign up.

Holiday Spending Class

Sept 14 • 1 to 2:30pm

M&FRC Conference Room

Do you want to be better prepared financially at holiday time? Join Military & Family Readiness Center staff for this workshop on how to make the most of your money for the holidays. Call 919-722-1123 to sign up.

Newcomer's Orientation

Sept 19 • 8am to 1pm

Eagles Landing

The Military & Family Readiness Center welcomes all new arrivals to Seymour Johnson Air Force Base with a special orientation and information fair. This event is for newly assigned personnel and their families. Join us and get to know your new base.

For more information, call the M&FRC at 919-722-1123.

Spouse Reintegration

Oct 5 • 5pm

Eagles Landing

The Military & Family Readiness Center and supporting agencies present information on how spouses can reconnect with their returning deployed and remote tour members. Other topics include reconnecting your spouse with your children, mental health preparedness, and the purpose of the deployed member's reintegration. Refreshments will be provided.

Exchange shoppers can win \$50,000 in Scholarships in Procter & Gamble Sweepstakes

Seymour Johnson BX is partnering with Procter & Gamble to give away five \$10,000 scholarships to military shoppers in the Tide & Downy Scholarship Sweepstakes.

Through Sept. 30, students in the U.S. can enter the sweepstakes by visiting Tide.com/scholarship, where they will specify their school, demographic information and where they shop.

The sweepstakes is open to all students 16 years of age or older who are either enrolled in or accepted to a U.S. university, college or community college for an undergraduate degree.

"The Seymour Johnson Exchange is pleased to offer this exciting sweepstakes to students on their college journeys," said BX store manager Leazel Williams. "The Seymour Johnson BX and Procter & Gamble are excited to award five deserving members of the military community."

Winners will be chosen randomly on or about Oct. 2. To ensure the funds are used for educational purposes, the scholarship amount will be paid directly to the students' schools.

No purchase necessary to enter or win. Void where prohibited. The Tide & Downy Scholarship Sweepstakes is open to legal residents of the 50 U.S. & D.C., 16 years of age or older. Begins 12 a.m. ET on July 2; ends 11:59 p.m. ET on Sept. 30. Visit tide.com/scholarship/official_rules for Official Rules and eligibility requirements. Sponsored by The Procter & Gamble Distributing LLC.

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CONTACT

CHAPEL: **1505 Vermont Garrison St.**
PHONE/FB: **919-722-0315** **Seymour Johnson AFB Chapel**
EMERGENCY: **Call Command Post @ 919-722-0004**



WEEKLY PROGRAMS

ROMAN CATHOLIC: St. Michael the Archangel

Confession	Sunday	0815-0845 (by appt.)
Sunday Mass	Sunday	0900-1000
Faith Formation	Sunday	1030-1145
Daily Mass	Mon-Thu	1130-1200
RCIA/OCIA	Wednesday	1800-1930
Adult Bible Study	Thursday	1800-1930
Catholic Women	Sunday	1330-1530

PROTESTANT: Christian/Non-Denominational

Worship Service	Sunday	1100-1200
Christian Community Night	Wednesday	1700-1915
— Dinner		
— Adult Small Groups (Bible and Book Studies)		
— AWANA (3 yrs-8th grade)		
Women's Bible Studies	Monday	1830-1930
	Friday	1000-1100
Men's Bible Study	3rd Saturday	0930-1030

SJAFB Chapel's Protestant Ministries

Christian Community Night

Wednesdays 1700-1915... begins 4 Oct

- 1700-1730 **DINNER IS SERVED!**
- 1730-1900 **Adult Small Groups (Bible & Book Studies)**
- AWANA for Kids (3yrs-8th grade)**
- 1900-1915 **Closing Prayer & Dismissal**



- For kids 3yrs to 8th grade
- Register with the QR code above
- Parents assist 1 Wed per month

VOLUNTEER TO TEACH
pamela.ferrell.ctr@us.af.mil

St. Michael the Archangel Catholic Community

FAITH FORMATION

Begins Sunday, 10 Sept

MEETS: **Sundays 1030-1145 (following Sunday Mass)**

REGISTRATION: mark.honeycutt.ctr@us.af.mil or 919-722-0971
or scan the QR code



Ministry Positions Available at the Chapel

Worship Music Director

for the SJAFB Chapel's Protestant Community

- ⇒ Experience Required
- ⇒ 10 hours per week

If you're interested, email your name & phone number to
4fw.hcfacility@us.af.mil

Community Coordinator

for the SJAFB Chapel's Catholic Community

- ⇒ Experience Required
- ⇒ 20 hours per week

If you're interested...

- **Email 4fw.hcfacility@us.af.mil for more information**
- **Pick up an application packet at the Chapel Annex from our Secretary, Joy Bryant (919-722-0315)**

**Your contact information will be sent to the 4th Fighter Wing contracting personnel and shared publicly by them to inform recruiting agencies of interested candidates for the position.



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• CLASSES BEGIN SOON! •

DEPARTMENT OF THE AIR FORCE FAMILY CHILD CARE

INCENTIVES

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- Provider's own children: **\$75-100 per week, per child**
- Enroll child from CDC/SAC waitlist: **\$200 per child**
- Current provider recruits new provider: **\$500**
- Initial NAFCC Accreditation incentive: **\$1,000**

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We want YOU!

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Free training

Loaner equipment to get you started

Set your own schedule



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retention incentives!

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INFO JOB Fair

Open to all with base access

Local/Regional Recruiters

Job opportunities

Hiring authorities

Bring your resume

• Sept 13

• Nov 15

10am to 1pm

Eagles Landing: Ballroom

1240 Andrews St, SJAFB

Hosted by the Military & Family Readiness Center
Seymour Johnson AFB — Base Access Required

919.722.1123 || sjffs.com || fb.com/sjffs



Federal Resume Writing & Job Search

Sept 26 • 10 to 11:30am
Connect 4, Classroom B

Participants in this FREE class will learn to effectively write a federal resume for government jobs and how to search for openings on USAJobs.gov. Get tips and tricks for navigating the USAJobs website. Call 919-722-1123 to sign up.

Civilian Resume

Sept 26 • 1 to 2:15pm
Virtual Workshop

Learn to write an effective resume that may open the door to your next career. Call 919-722-1123 to sign up.

Mock Interview

Oct 26 • 10am to 2pm
Virtual Workshop

Boost your interview skills by participating in this free class. Please call the Military & Family Readiness Center at 919-722-1123 for an individual appointment. Participants need to have a job ad and resume ready for the mock interview.

Job Listings

Did you know the Military & Family Readiness Center maintains a Jobs Board where new openings are posted regularly? Check it out at <https://sjjobs.jobboardhq.com>. Sign up today to find a job you can feel passionate about and an environment where you can fulfill your career ambitions.

If you have a Facebook account, www.facebook.com/sjjobs is another great source.

— *Hard Charger Awards* — & *Recognitions*



ABOVE: Congratulations to the 4th Force Support Squadron Commander's Support Staff for being recognized with the Hard Charger Team Award and traveling lightning bolt. Left to right: Melissa Ireland, Laurel Winkler and SSgt Tykerria Wimberly.



ABOVE: Col Todd Walker, 4th Mission Support Group Commander, coins 4 FSS personnel for Patriot Fest food and hospitality support.
Upper Left: Gloria Black, Outdoor Recreation Director
Middle: Alisha Cook of Compass Cafe & Catering; Lynn Grantham, Community Services Flight Chief looks on
Right: MSgt Kaythi Rasay, Food Services Section Chief

LEFT: Lt Col Kirchner presents D'Andre Weaver, Youth Sports Director, with an individual Hard Charger award at the Youth Center.

Congratulations!

FOOD & DRINK

- **10 Pin Cafe**
919.722.0349 • 1290 Andrews St
fb.com/sjafb.food
- **Afterburner Kiosk**
919.722.5294 • 2814 Jabara Ave
fb.com/sjafb.food
- **Compass Cafe & Catering**
919.722.0394 • 1385 S Andrews St
fb.com/sjafb.food
- **Mustang Taproom**
919.722.8547 • 1240 Andrews St
fb.com/sjafb.food
- **Seymo Joe to Go**
919.722.3104 • 1514 Goodson St
fb.com/sjafb.food
- **Southern Eagle Dining Facility**
919.722.5294 • 3650 Pope St
fb.com/sjafb.food

RECREATION

- **Auto Hobby Shop**
919.722.1309 • 919.722.1308
1295 Jabara Ave • fb.com/sjafb.fun
- **Blakeslee Air Force Recreation Area**
910.500.6465
118 Riverfront Rd., Kure Beach
- **Bowling, Phantom Lanes**
919.722.0350 • 1290 Andrews St
fb.com/sjafb.fun
- **Community Programming & Partnership Office (CPPO)**
919.722.8684 • 1240 Andrews St
fb.com/sjafb.fun
- **Fitness & Sports Center**
919.722.0420 • 1500 Langley Ave
fb.com/sjafb.fitness
- **Kiddie Hawk Playground**
919.722.8684 • 1515 Goodson St
fb.com/sjafb.family
- **Outdoor Recreation Adventure Park**
919.722.1104 • 1385 S. Andrews St
fb.com/sjafb.fun
- **Sabre Cinema**
919.722.8684 • 919.722.8684
3740 Edwards St • fb.com/sjafb.fun
- **Splash Pad (seasonal)**
919.722.1104 • 919.722.7437
Debden Park • fb.com/sjafb.fun
- **Swimming Pool (seasonal)**
919.722.1104 • 919.722.7437
1500 Langley Ave • fb.com/sjafb.fun

4 FSS SERVICES & RESOURCES

- **Airman's Attic**
919.722.7181 • 1515 Goodson St
fb.com/sjfss
- **Barbershop**
919.722.7760 • 1240 Andrews St
- **Casualty & Survivors Benefits Plans**
919.722.7192 • 1600 Wright Brothers Ave

- **Child Development Center**
919.722.1198 • 919.722.1199
1030 Langley Ave • fb.com/sjafb.family
- **Civilian Personnel Section**
919.722.0117 • 1570 Wright Brothers Ave
fb.com/sjfss
- **Commercial Sponsorship**
919.722.7155 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Community Cohesion Coordinator (C3)**
919.722.4697 • 1240 Andrews St
- **Connect 4**
919.722.8684 • 1515 Goodson St
fb.com/sjafb.fun
- **DEERS & ID Cards**
919.722.8702 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Eagles Landing**
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fb.com/sjafb.fun
- **Education & Training**
919.722.5800 • 1195 Cannon Ave
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- **Family Child Care**
919.722.7194 • 1515 Goodson St
fb.com/sjafb.family
- **Honor Guard**
919.722.7019 • 1175 Wright Brothers Ave
- **Library**
919.722.5825 • 1520 Goodson St
fb.com/sjafb.family
- **Lodging @ Southern Pines Inn**
919.722.0385 • 1235 Wright Brothers Ave
- **Manpower & Organization**
919.722.5336 • 1195 Cannon Ave, 2nd Fl
- **Marketing**
919.722.8532 • fb.com/sjfss
1600 Wright Brothers Ave, 2nd Fl, Ste 228
- **Military & Family Readiness Center**
919.722.1123 • 1500 Vermont Garrison St
fb.com/sjfss • fb.com/sjafrc
- **Military Personnel Section**
919.722.8677 • fb.com/sjfss
1600 Wright Brothers Ave, 1st Fl
- **Military School Liaison**
919.722.5810 • 1515 Goodson St
fb.com/schools.sj
- **NAF Human Resources**
919.722.5939 • 1570 Wright Brothers Ave
- **Private Organizations**
919.722.7289
1600 Wright Brothers Ave, 2nd Fl, Ste 220
- **Professional Development Center**
919.722.1149 - ALS
919.722.5857 - Career Assistance
1175 Wright Brothers Ave
- **School Age Care**
919.722.0502 • 1035 Langley Ave
fb.com/sjyouth

- **Youth Programs**
919.722.0502 • 1035 Langley Ave
fb.com/sjafb.family
- **Vet Clinic**
919.722.1465 • 1003 Collier Ave
By appointment only

BASE HELPING AGENCIES









- **Alcohol & Drug Abuse Prevention**
919.722.1883
- **Chaplain/Chapel**
919.722.0315 • 1505 Vermont Garrison St
- **Equal Opportunity**
919.722.1180
- **Family Advocacy**
919.722.7878
- **Health Promotion**
919.722.0407
- **Medical Group Primary Care**
919.722.1802
- **Mental Health Clinic**
919.722.1883
- **Military Family Life Counselor**
919.886.3346 - Adult
919.886.3405 - Child
- **Military One Source**
800.342.9647
- **Sexual Assault Response Coordinator**
919.722.0154 • 919.722.0155
919.722.7272 - Hotline

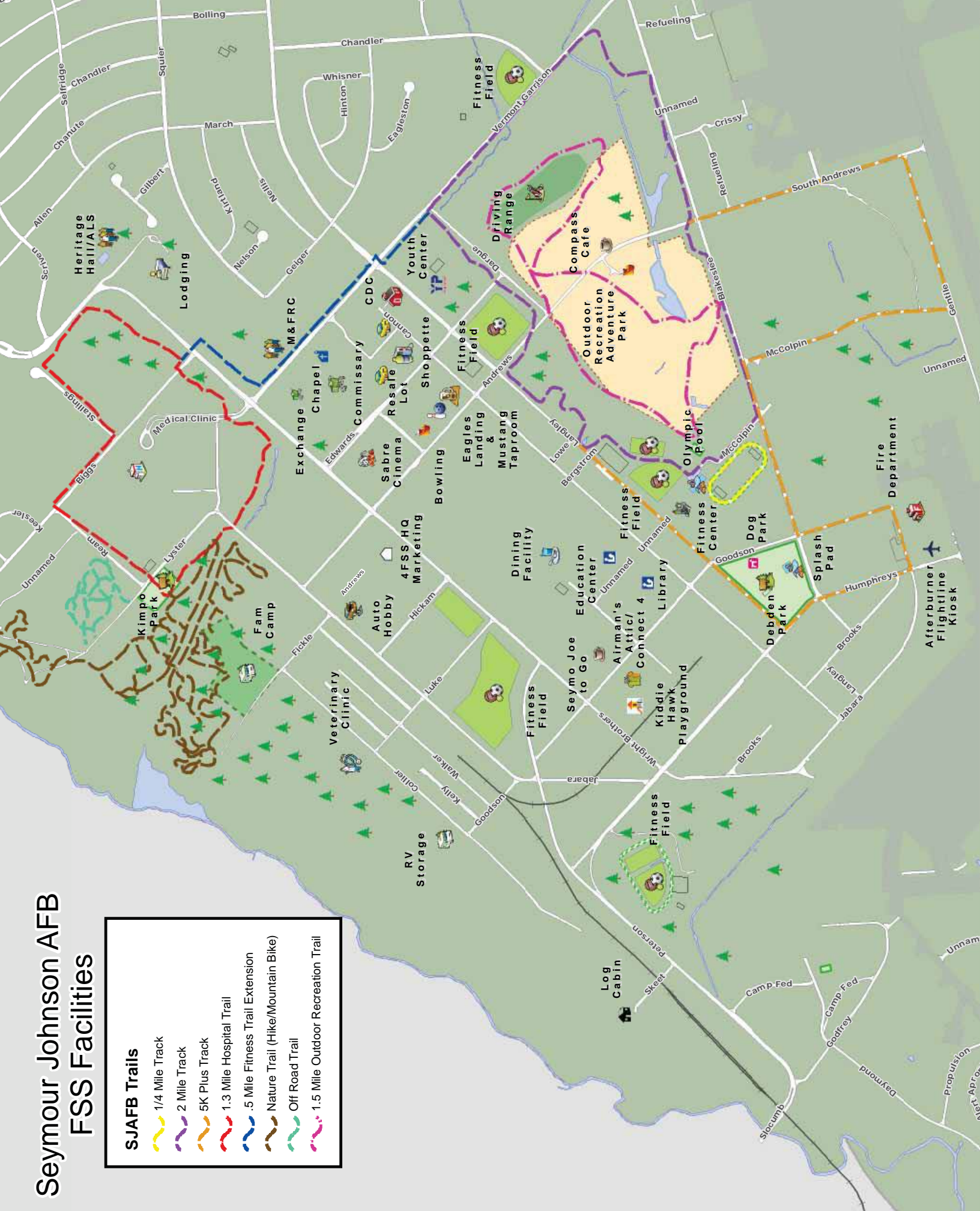
BASE SERVICES & RESOURCES

- **Airmen Against Drunk Driving**
919.751-6002 • fb.com/callaadd
- **Commissary**
919.722.0321 • 1310 Edwards St
- **Eagle Eyes**
919.722.1212 - If you observe suspicious activity, please call us
- **Exchange (BX)**
919.735.8511 • 1350 Edwards St
- **Express with Class Six**
919.734.7235
- **Mayroad**
919.988.6918 • 600 Kenly Rd
- **Military Housing Office**
919.722.0362 • 919.722.0363
919.722.0364 • 600 Kenly Rd
- **Security Forces**
919.722.8477 - Tip Line
- **Thrift Shop**
919.722.0606 • 1585 Andrews St
- **USO of NC - SJAFB Center**
919.330.1226 • 1240 Andrews St
- **Visitors Center**
919.722.1335 • 919.722.1345
1050 Wright Brothers Ave
After hours visitor passes: go to the main gate on Berkeley Blvd

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